perplexity

What does John maio's workout regimen look like?

There is no publicly available, detailed breakdown of John Maio’s personal workout regimen in the provided sources. However, based on his professional background, certifications, and the philosophy of his business, New York Sport & Fitness, some strong inferences can be made about the likely principles and structure of his approach to fitness.

John Maio is a highly qualified strength and conditioning coach, holding certifications such as the National Strength and Conditioning Association’s Certified Strength and Conditioning Specialist (CSCS), Functional Strength Coach (CFSC), and Functional Movement Screen (FMS), as well as certifications in exercise nutrition and spinning instruction[1][2]. He has extensive experience working with high school and college athletes, and his training philosophy is rooted in functional performance fitness—an approach that emphasizes movements and exercises that improve everyday life and athletic performance[2].

Given these credentials and his focus on functional training, his regimen likely includes:

- **Strength Training:** Compound lifts such as squats, deadlifts, bench presses, and overhead presses, likely with a focus on proper form and progressive overload.
- **Conditioning Work:** Incorporation of interval training, metabolic conditioning, and possibly spinning classes for cardiovascular health.
- **Functional Movements:** Exercises that mimic real-life activities, such as lunges, carries, and bodyweight movements, to improve mobility and reduce injury risk.
- **Periodization:** Structured training cycles that vary intensity and volume to optimize performance and recovery.
- **Nutrition:** Guidance on fueling for performance and recovery, given his certification in exercise nutrition[1][2].
- **Team and Individual Programming:** Experience both with group classes (such as bootcamps or group strength sessions) and individualized athlete programming[2].

While the exact exercises, sets, reps, and frequency are not specified, John Maio’s approach is comprehensive, evidence-based, and tailored to the needs of both athletes and general fitness enthusiasts. His programs are designed to build strength, improve mobility, enhance conditioning, and promote long-term health[1][2].

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1. https://athletics.elmira.edu/staff-directory/john-maio/169
2. https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx